



## Take a run at planning healthy meals.

*Make a menu for the week, and let your children help you plan meals and make the shopping list. Don't go shopping when you're hungry and stick to the shopping list — resist the urge to add unplanned items into your basket.*

# December

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 <i>Example: What a fun sledding trip we went on after Dad got home.</i>	16	17	18	19	20
21	22	23	24	25	26	27
First day of Winter	Hanukkah begins			Christmas Day	Kwanzaa begins	
28	29	30	31			
	Hanukkah ends		New Year's Eve			

## Achievement Ideas

1. Bring your family together and reflect on all of the achievements you made this year. Celebrate with a healthy treat or a family walk.
2. Play in the snow with your children — or drive to some nearby snow and play hard.
3. Make your shopping trip more of a workout by parking as far from the store as you can.
4. What's your idea? \_\_\_\_\_

Total number of achievements for the year: \_\_\_\_\_



## Meal Tips

### Breakfast

Add fat-free or low-fat milk instead of water to oatmeal and hot cereals.

### Lunch

Eat a piece of fruit with your burger or sandwich instead of fries or chips.

### Dinner

Substitute low-fat cottage cheese or low-fat or fat-free yogurt for sour cream on that baked potato.

### Simple Snack

Treat yourself to baked pears or apples for an easy, nutritious, and tasty snack.



## Activities

- Skiing
- Snowboarding
- Snowmobiling
- Build a snow fort
- Sledding
- Mall walking

## Fun Fact

Research studies have shown that a workout can lift your spirits. Regular exercise can enhance your mood and overall sense of well-being.

Did you know it's...  
• World AIDS Day — December 1



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